

A COMPARATIVE STUDY ON MENTAL HEALTH AND PERSONALITY DIMENSIONS AMONG RURAL BOYS AND GIRLS

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Abstract

The purpose of this study was to investigate mental health and personality dimensions of rural boys & girls of Maharashtra State. A total of 150 samples in which 75 rural boys and 75 rural girls were selected from different schools from Patiala District of Punjab State. The age of the samples ranged from 13-18 years and all the samples were selected from random basis. To measure mental health of selected subjects, mental health inventory prepared by Agashe and Helode (1996) was used. To find out personality, Junior Eysenck Personality Inventory (J.E.P.I) was preferred. Results found that rural girls having low amount of mental health compared to rural boys. Rural boys are more extroverted compared to rural girls and rural girls are less neurotic & having more tendencies to tell lie compared to rural boys.

Key words: CSR, Challenges and Issues, Micro, Small and Medium Enterprise.

1. Introduction

In the galaxy of scientific knowledge the term "Mental Health" always forms a pair with another term popularly known as 'Mental hygiene'. However, these two terms are not synonymous. As a matter of fact, mental hygiene is a science having three-fold objective namely: Prevention of mental disorders, preservation and promotion of mental health and correction of mal-adjustments. And that is why probably mental hygiene as a science got special privilege in the objectives of the WHO. So far as mental health is concerned, therefore, it has been accepted as a subject matter of mental hygiene because in the interest of a given nation or broadly speaking, the human race, it is to be protected, promoted, prevented from mental disorders and corrected if some wrong takes place with it in the case of a given individual who happens to be a valuable member a given society.

Hence, in the arena of national and international considerations mental health has become a vital topic of scientific investigation in all major branches of life sciences. Survey of the literature indicates that of all the life scientists, psychologists, philosophers, biologists and physical educationists have given special attention to the concept of mental health. Hence in the pages to follow, an attempt has been made to shed light upon the concept of mental health from the standpoints of psychology, philosophy, biology and physical education.

2. Material & Methods

Participants

To conduct the study one hundred fifty subjects in which 75 rural boys and 75 rural girls belonging to different areas of Punjab has been selected. The age group of the sample ranged from 13-18 years and all the samples were selected on random basis.

Measures

To assess the mental health of selected subjects, mental health inventory prepared by

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Agashe & Helode was used. This inventory is highly reliable and valid to evaluate mental health of school going students.

To measure personality dimensions of selected subjects, J.E.P.I inventory developed by B.J. Eysenck has been preferred. The Hindi version of this inventory prepared by Helode (1985) was used.

Procedure

To assess mental health, mental health inventory was administered and in this inventory there are 36 questions which are related to ego strength, philosophy of life and self acceptance. This questioner distributed to selected subjects and after completion of inventory they were collected and scoring was done as mentioned by the authors.

After some time, J.E.P.I. inventory was administered to each subject in a group of 10-15 subjects in the classroom. This inventory consists 50 questions are there, in that 20 questions for extrovert-introvert, 20 questions for neuroticism and 10 questions for L score i.e. tendency to tell lie. This inventory is highly valid and reliable for school going students. The responses given on the J.E.P.I. inventory was scored with the help of three scoring key prescribed by the author. Investigator got results on three personality dimensions i.e. extraversion, neuroticism, and lie score; were utilized for present study.

3. RESULT AND DISCUSSION

Table – 1: Comparison between Rural Boys & Rural Girls on Mental Health

	Rural Girls (N=75)		Rural-Boys (N=75)		M.D.	t	Level of Significance
	Mean	S.D.	Mean	S.D.			
Total Mh	19.77	3.12	21.93	3.07	2.16	4.26	.01

t value at .05=1.98 and .01= 2.61

From Table - 1, result found that rural boys having more mental health (m=21.93) compared to rural girls (m=19.77). The 't' ration is 4.26 indicates that there is significant difference at .01 level.

Table – 2: Comparison between Rural Girls and Rural Boys on Personality Dimensions

	Rural Girls (N=75)		Rural-Boys (N=75)		M.D.	t	Level of Significance
	Mean	S.D.	Mean	S.D.			
E	10.04	2.98	11.29	3.16	1.25	2.49	.05
N	9.44	2.69	10.62	2.80	1.18	2.63	.01
L	6.80	1.32	5.78	2.43	1.01	3.16	.01

t value at .05=1.98 and .01= 2.61



From Table - 2, result indicates that rural boys are more extrovert ($m=11.29$) compared to rural girls ($m=10.04$). 't' score 2.49 shows that there is significant difference at .05 level. When comparison made on neuroticism dimension of personality result found that again rural boys having more neuroticism ($m=10.62$) compared to rural girls ($m=9.44$). 't' value 2.63 shows that there is significant difference at .01 level. Again result found that rural girls having more tendency to tell lie ($m=6.80$) compared to rural boys ($m=5.78$) 't' score 3.16 show that there is significant difference beyond .01 level.

3. Conclusions

On the basis of data gathered and statistical interpretation results indicates that:-

1. Rural girls having low amount of mental health compared to rural boys.
2. Rural boys are more extroverted compared to rural girls and rural girls are less neurotic & having more tendencies to tell lie compared to rural boys.

4. References

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